

# National Resources

The following resources offer support for a broad range of issues, including intimate partner violence, child exposure to intimate partner violence, and child maltreatment.

## First Nations and Inuit Hope for Wellness

- 24/7 Help Line: 1-855-242-3310
- Available to all Indigenous peoples across Canada who are seeking immediate crisis intervention

## Childhelp National Child Abuse

- 24/7 Hotline (multilingual service available): 1-800-422-4453
- Help with finding the contact information of the child protection service in your area

## Kids Help Phone

- 1 800 668-6868
- Languages: English, French
- Text HOME to 686868 in Canada to text with a trained Crisis Responder, has a WhatsApp option

## Black Youth Helpline

- 1-833-294-8650
- In Toronto, phone: 416-285-9944
- Multicultural youth helpline (for youth, families, schools, and others). *It is not a crisis line.*
- Languages: English, French, and other languages available upon request.
- More info.: [blackyouth.ca](http://blackyouth.ca)

## ShelterSafe

- [ShelterSafe.ca](http://ShelterSafe.ca) provides information to help connect women and their children across Canada with the nearest shelter for safety and support

## Legal Line

- This website provides free answers to legal questions, including getting help for child and spousal abuse, and obtaining restraining orders: [legalline.ca](http://legalline.ca)

## Naseeha

- Phone or Text 1-866-627-3342 (NASEEHA)
- An international hotline that supports Muslim and non-Muslim youth with issues related to health (including mental health), family dynamics, and work-related issues.
- More info.: [naseeha.org](http://naseeha.org)

## Trans Lifeline

- 1-877-330-6366 or 1-877-565-8860
- Provides peer support by trans people for trans and questioning callers.
- Languages: English, Spanish
- [translifeline.org](http://translifeline.org)



## Provincial & Territorial Resources

These websites list services available throughout Canada.

### Ending Violence Association of Canada:

[endingviolencecanada.org/getting-help/](http://endingviolencecanada.org/getting-help/)

Visit this association website for links to:

- Sexual assault centres, crisis lines, and support services
- Shelters, transition houses, and support services
- Provincial and territorial organizations and resources

### Government of Canada

Visit the Public Health Agency of Canada page on finding family violence resources and services:

[canada.ca/en/public-health/services/health-promotion/stop-family-violence/services.html](http://canada.ca/en/public-health/services/health-promotion/stop-family-violence/services.html)

### Canadian Women's Foundation:

[canadianwomen.org/signal-for-help/](http://canadianwomen.org/signal-for-help/)